

Shaker Pointe's April 2018 Fitness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| Sun. April 1  | Mon. April 2 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim | Tues. April 3 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit-Cancelled, Combined with 11:00 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced | Wed. April 4 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Balance, 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim | Thurs. April 5 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors | Fri. April 6 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim | Sat. April 7 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family |
| Sun. April 8  | Mon. April 9 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi-Cancelled 1:30-3:30 PM Open Swim | Tues. April 10 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced | Wed. April 11 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Balance, 1:00-1:45 PM Aqua Balance-Cancelled 2:00-4:00 PM Open Swim | Thurs. April 12 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors | Fri. April 13 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim | Sat. April 14 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit- 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family |
| Sun. April 15  | Mon. April 16 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi-Cancelled 1:30-3:30 PM Open Swim | Tues. April 17 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced | Wed. April 18 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim | Thurs. April 19 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors | Fri. April 20 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim | Sat. April 21 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:00-2:00-Seminar on Stress 1:30-3:00 Open Swim for Adults & Family |
| Sun. April 22  | Mon. April 23 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim | Tues. April 24 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced | Wed. April 25 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim | Thurs. April 26 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors | Fri. April 27 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balnce 1:00-3:00 PM, Open Swim | Sat. April 28 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family |
| Sun. April 29  | Mon. April 30 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim | <h1 style="color: pink;">Happy Easter!!</h1> | | |  |  |

If you have any questions about the fitness program, please call [Kerry Engle](tel:508-885-1115), Fitness Director, at X1115

Description of Classes

Advanced Tai Chi- (Intermediate to Advanced) This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance & coordination of the muscular, skeletal & cardiovascular systems.

Aqua Arthritis-(All levels). This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination.

Aqua Balance-(All Levels)-Water provides additional support as well as resistance which makes it a great location for this exercise.

Aqua PiYo Chi-(All levels) This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment.

Balance-(Beginner) This class will help to increase balance awareness by concentrating on 3 essentials cues: Visual, inner ear & where arms & legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance.

Balance- (Advanced) Balance helps advance stability & equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, Stability Balls & Foam Rollers are used to increase balance awareness.

Tai Chi for Balance-(Beginner) Improve balance, strength and flexibility, increase your range of motion & build strength in lower extremities. Chair supported progressions are available. Tai Chi can be adapted for anyone, from people who are fit to folks who use a walker or a wheelchair.

Cardio Sculpt-(Advanced) Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching.

Chair Yoga-(All Levels) Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement.

Osteo-Yoga-(Intermediate to Advance) This is a mat low impact class that helps to strengthen bones. No yoga knowledge or experience is needed. Use your own body for weight bearing without using h& held weights. Classic yoga & adaptive/modified poses are incorporated.

Sit to be Fit-(Beginner to Intermediate) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support.

Water Works-(All Levels) This high energy workout improves agility, flexibility, cardiovascular endurance & muscular strength. This class in perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints.

Zumba Gold-45-60 minutes (Advanced)_The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance!

What's Happening in Fitness

Tai Chi for Balance

Friday at 12:30 p.m., Kate will take you through a 60 minute class that is designed to improve balance, strength, and physical functioning of individuals who wish to improve their balance abilities. The focus of the program is used to help participants improve postural stability, control of body positioning, gait initiation and locomotion, movement symmetry, and coordination; increase the range of motion around ankle joints; and build strength in lower extremities. Tai Chi also can enhance mental health, improve sleep quality, and reduce blood pressure. This class is recommended by Harvard Medical School and the Center for Disease Control for improving balance and reducing falls. To meet the **specific needs** and performance capabilities of the participants, the program **includes chair-supported progressions**, from completely assisted to unassisted. Tai chi can be easily adapted for anyone, from people who are very fit to folks who use a walker or wheelchair. Visitors who would like to try a class are always welcome!!

Class Highlight
of the Month



Join **Ellen Rupert** on **Saturday, April 21st** at **1:00-2:00 p.m.** for a presentation on "Taking Control of Your Stress" in the **Multi-Purpose Room**. Stress affects each of us in different ways. Stress can also make it harder to recover from illnesses. It can have a positive or negative effect on our health depending on our personal reactions and perceptions. **Learn positive strategies** that can help you begin to manage your stress and take control of your challenging situations.

Class Cancellations for April

Tuesday, April 3rd 9:15 a.m. Sit to be Fit is **combined** with 11:00 a.m. class

Thursday, April 5th 9:00 a.m. Osteo Yoga is cancelled * **Friday, April 6th 9:15 a.m.** Chair Yoga is cancelled

Monday, April 9th 9:00 a.m. Chair Yoga is cancelled * **Monday, April 9th 12:00 p.m.** Aqua Pio Chi is cancelled

Wednesday, April 11th 1:00 p.m. Aqua Balance is canceled * **Monday, April 16th 12:00 p.m.** Aqua Pio Chi is cancelled

If you have any questions about the fitness program, please call [Kerry Engle](mailto:kerry.enge@cityofchicago.org), Fitness Director, at [X1115](tel:3124371115)